

List of Cross-cultural Competencies

1. *A genuine desire to understand + connect with the host population* – A sincere, unambiguous curiosity coupled with a positive intent
2. *Self-knowledge* - A knowledge of one's strengths + blind spots especially with regard to interpersonal communication
3. *Self-assurance and control* – confidence and self-esteem
4. *Sensory acuity* – the ability to notice fine distinctions in the sensory information one receives
5. *The ability to empathize with another's viewpoint*- the desire to understand another's view of the world
6. *Emotional perceptiveness* – an awareness of one's own and others' emotional states
7. *Behavioral flexibility* – the ability to vary behavior to meet different situations
8. *A nonjudgmental outlook* – the ability to observe different values and behaviors impartially
9. *Humility*- a realistic appreciation of one's weaknesses and shortcomings
10. *Introspective reflection* – the ability to review and learn from experiences

Competence	Skill	Knowledge	Trait
Desire to connect			*
Self-knowledge		*	
Self-assurance/control		*	*
Sensory acuity	*		*
Ability to empathize	*		*
Emotional perceptiveness	*		*
Flexibility			*
Nonjudgmental outlook			*
Humility			*
Introspective reflection	*	*	*

Skill – ability to do something well

Knowledge – all that one is aware of, whether based on facts or experience

Trait – distinguishing quality of a person's character

From *Culture from the Inside Out: Travel – and Meet Yourself*, Alan Cornes, Intercultural Press, 2004